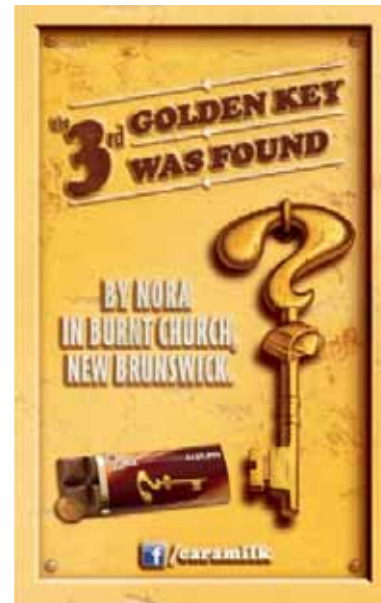




BOHEMIAN KITCHEN
A FRIENDLY SPOT
TO GRAB A MEAL
LUNCH RUSH {page 11}

AFTER THE WIRE IDRIS ELBA RUNNING WITH THE MARVEL CREW NOW {page 7}



THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Founder Prize, consisting of (1) a Founder Tag (MPY 52,620) and (2) a yearly supply of Caramilk bars (365) for 25 years OR choose for \$10,858.75. Odds no less than 1 in 1,630,933. Founder has no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-5267. Trademark, used under license.

OTTAWA

metro

Tuesday, July 26, 2011
www.metronews.ca



News worth
sharing.

Layton takes leave to face new cancer battle

► Party president Brian Topp will consult NDP caucus, convene a meeting to appoint an interim leader by Thursday afternoon

Jack Layton has been diagnosed with another form of cancer and is taking a temporary leave of absence as leader of the federal New Democrats to fight it.

Layton, 61, announced he was battling prostate cancer in February 2010, and says recent tests revealed a new form of cancer that requires further treatment. Layton didn't say what type of cancer was discovered.

Appearing at a news conference yesterday in Toronto with his wife and fellow politician Olivia Chow by his side, Layton was thin. His voice was weak and raspy.

He said he started to feel pain and stiffness around the end of the most recent session of the House of Commons and sought

tests at a Toronto hospital after Parliament broke for the summer.

"On the advice of my doctors, I'm going to focus on treatment and recovery," he said. "I will therefore be taking a temporary leave of absence as leader of the New Democratic Party of Canada. I'm going to fight this cancer now so I can be back to fight for families when Parliament resumes."

Layton says he has recommended Nycole Turmel, national chairwoman of the NDP caucus, fill in as leader during his absence.

"She's an experienced national leader in both official languages and she will do an excellent job as our national leader interim leader," he said.

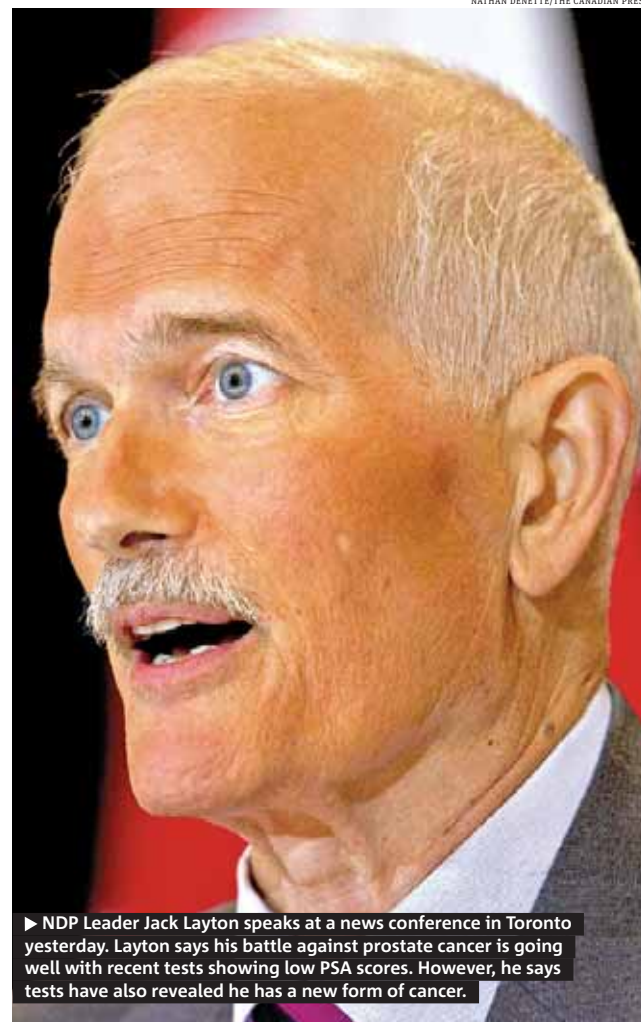
THE CANADIAN PRESS



► Nycole Turmel

"I am honoured by his recommendation ... My colleagues and I are all just wishing our leader a speedy recovery."

HULL-AYLMER MP NYCOLE TURMEL ON LAYTON'S RECOMMENDATION SHE BE APPOINTED INTERIM LEADER



NATHAN DENETTE/THE CANADIAN PRESS

► NDP Leader Jack Layton speaks at a news conference in Toronto yesterday. Layton says his battle against prostate cancer is going well with recent tests showing low PSA scores. However, he says tests have also revealed he has a new form of cancer.

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To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

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- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

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Jays help kids play

The Jays Care Foundation and the Boys and Girls Club of Canada announced a new partnership yesterday that officials say will establish a "legacy of amateur baseball in Ottawa and across Canada."

Ottawa is one of 10 Canadian cities that will form amateur teams in the new Blue Jays Baseball Academy Rookie League

that starts in September. The new program will allow children to play amateur baseball who would otherwise not have the chance to play.

"It's really exciting that we're going to have a whole new audience for children and youth who have never had the opportunity to play baseball before," said Jerrett DeFazio, director of pro-

grams at Boys and Girls Club of Ottawa.

Several youth from the Ottawa club got to meet Blue Jays alumni Duane Ward and Devon White at a press conference yesterday.

The club's 4,500 local members will benefit from \$5,000 in funding and baseball equipment from the Jays Care Foundation. **JOE LOFARO**



► Clubhouse manager Darren Dungey, left, and Blue Jays alumni Duane Ward with Nicolas Burnette and Murat Camci at the Ottawa Baseball Stadium yesterday.

Sympathy 'heartwarming'



► Mark Senn signs a book of condolence at the Norwegian Embassy in Ottawa.

► Norwegian Embassy cites countries' shared values as Canadians offer condolences after Friday's tragedy



SEAN MCKIBBIN
@METRONEWS.CA

Norway's population is so small that when Ottawa resident Mark Senn first heard about the bomb blast and youth camp shooting spree in the northern European country, his thoughts went immediately to a friend with four kids who lives outside Oslo.

"I spoke with Niels this morning to ensure things were fine and they are, but he's still trying to understand why this happens," said Senn who went to the Norwegian Embassy in Ottawa yesterday to sign a book of condolence opened there for members of the public to

"This shall not and will not stop the way we act internationally and speak up for the values we believe in, such as free speech and democracy."

JO SLETBAK, DEPUTY HEAD OF MISSION AT THE NORWEGIAN EMBASSY

express their sympathy.

The embassy opened its doors to the public for two hours and will open again today between noon and 2 p.m.

Senn said he was surprised to learn that his friend's family didn't know any of the victims of the attack. He said he hopes the incident doesn't change Norwegian society.

"It's very difficult to understand how one person could have that much hate," said Senn.

Jo Sletbak, deputy head

of mission at the embassy, said the response from Canadians has been "heartwarming."

"Norwegians and Canadians share a lot of the same values. Outside the embassy people have left flowers. There are people who have left flowers at the residence," said Sletbak, adding the incident hit Canadians, perhaps because of the countries' shared values.

"Canadians show it and that's very good and comforting for us" said Sletbak.

1

news


AP's Seoul bureau chief provides a rare glimpse at daily life in North Korea. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Canada's oldest piano strikes a chord after a \$10,000 restoration.
Video at metronews.ca



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metro

Norway hearing closed to public

► Suspect threatens more violence ► Judge orders him held in isolation ► Thousands lay flowers in Oslo

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing yesterday after calmly telling the court that two other groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat on an island near the capital. He told authorities he expects to spend the rest of his life in prison. Saying he wanted to save Europe from Muslim immigration, he entered a plea of not guilty that will guarantee



► Anders Behring Breivik

him future court hearings and opportunities to address the public, even indirectly.

Police believe Breivik acted alone, despite his grand claims in a 1,500-

page manifesto that he belonged to a modern group of crusaders. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation.

Norway has been stunned by the attacks and riveted by Breivik's strange writings. Hundreds of reporters and locals thronged the courthouse ahead of his first court appearance yesterday, hoping to get their first glimpse of the man blamed for the deaths of 76 people — lowered yesterday from 93.

THE ASSOCIATED PRESS



► A woman mourns as an estimated 100,000 people gather in Oslo town centre yesterday for a vigil following Friday's twin extremist attacks. Mourners laid thousands of flowers around the city.

Attacks a concern for London 2012 Olympics

IOC president Jacques Rogge is confident police intelligence work will help avert any attack on the London Olympics similar to the bombing and shooting massacre in Norway.

Rogge said British security officials will have taken into account the type of attacks that shook Norway, where a man set off a car bomb in Oslo on Friday.

British Olympics Minister Hugh Robertson said the U.K. had already prepared for attacks by "lone wolves" but would re-examine its security plans in the wake of the twin attacks.

"Clearly, where there are lessons to be learned from Norway (and) we will learn them," he said.

THE ASSOCIATED PRESS

URGENT: Famine in Africa

World Vision



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water; preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

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ROTTEN APPLES

Fake Apple shops busted in China

Chinese officials found five fake Apple stores and ordered two of them to suspend business while they're investigated, a local government website said yesterday.

Officials couldn't do anything about the other three stores — which displayed Apple signs and logos — because they did not find any fake Apple products for sale, a local

newspaper reported.

The investigation follows a blog post last week by an American woman who lives in Kunming in Yunnan province, who stumbled across three shops masquerading as Apple stores in the city. She took photos and posted them on her BirdAbroad blog.

She said they were modelled on the company's iconic stores right down to the winding staircase and the staff uniform of blue T-shirts.

After the blog appeared, the Kunming Trade and Industry Bureau inspected more than 300 electronics stores. **THE ASSOCIATED PRESS**

RIM to downsize workforce

DAVE CHIDLEY/THE CANADIAN PRESS

Canadian tech firm to release new generation of BlackBerrys in '12

Research In Motion will cut 2,000 jobs, or about 11 per cent of its global workforce, this year to reduce costs in the competitive smartphone and tablet markets, in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce after it had lower BlackBerry smartphone sales in the recent financial quarter.

The cuts are the largest in the Canadian technology icon's history.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company," RIM said in a statement.

"It follows an extended period of rapid growth within the company where

by the workforce had nearly quadrupled in the last five years alone."

In afternoon trading on the Toronto Stock Exchange, RIM's shares were down \$1.28, or 4.8 per cent, at \$25.19.

RIM, based in Waterloo, Ont., has about 19,000 employees. Those in North America will begin to receive notices this week. Workers in other countries will be told at a later date.

RIM is facing a host of competition in the smartphone market from Apple's iPhone and smartphones using Google's Android operating system.

Its PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

"If they want to be a top-three or top-five smart-



► An employee holds a BlackBerry Playbook tablet at the Research In Motion annual meeting.

phone player, then they have to much more aggressively spend money in the consumer market," said analyst Alkesh Shah of Evercore Partners.

"They have to create a differentiated consumer message," Shah said from New York.

There aren't enough reasons for consumers to buy a BlackBerry smartphone or tablet over Apple or Android products, he said, suggesting RIM could promote its security feature, valued by business users, to a consumer audience.

THE CANADIAN PRESS

Market moment

TSX



- 22.98
(2,036.63)

Dollar



+ 0.37¢
(105.73¢ US)

Oil



- 0.67¢ US
(\$99.20 US)

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\$4.41
(+1.5¢)
Gold contracts
\$1,612.20
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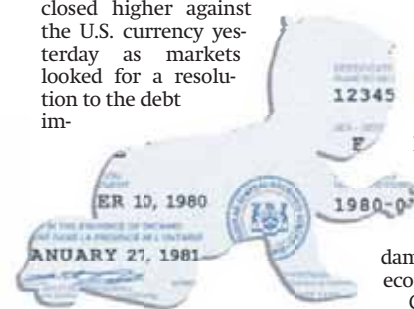
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Loonie up after U.S. debt-ceiling talks collapse

The Canadian dollar closed higher against the U.S. currency yesterday as markets looked for a resolution to the debt im-

passes were mixed with oil prices falling amid investor concern that the lack of an agreement among U.S. lawmakers to raise the country's debt limit could also damage the global economy.



passes in the United States.

The loonie was up 0.37 to 105.73 cents US after talks between U.S. President Barack Obama and House Speaker John Boehner broke down on Friday. No progress has been made since.

The U.S. government's borrowing authority lapses on Aug. 2. The Obama administration says that scenario would risk a first-ever federal default, with higher interest rates and other devastating effects impacting the economy.

Commodity prices

prices were mixed with oil prices falling near \$99 US a barrel amid investor concern that the lack of an agreement among U.S. lawmakers to raise the country's debt limit could also damage the global economy.

The September contact on the New York Mercantile Exchange fell 78 cents to \$99.09 US a barrel.

Nervous investors seeking safe havens pushed gold prices higher with the August contract on the Nymex up \$15.50 to \$1,617 US an ounce.

THE CANADIAN PRESS

TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO



Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next \$30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

"Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer."

So should the parents of these bratty customers be more considerate of their fellow patrons and leave the kids at home when dining out?

Some would argue that parents should be entitled to enjoy a meal with their offspring without being subjected to dirty looks from the next table. However, in my opinion, letting your precious angels run laps around the dining room or shriek hysterically while being force-fed broccoli is inexcusable. If you are unwilling or unable to control your children, you might want to skip the high-end restaurants and opt for a Happy Meal instead.

Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their

kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

After the phone-hacking scandal, is
Rupert Murdoch's era of influence over?

54%

NO, HE'S
STILL
BEAMED
INTO THE
MINDS OF
MILLIONS



45%

YES, HIS FATE
WAS SEALED
WITH A PIE
ATTACK

Worth Mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of an intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid \$47,000 in survivor

benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

TORSTAR NEWS SERVICE

A career in high gear

► After finding success on TV's *The Wire*, Idris Elba launches his career with a slew of new movies that have a comic book theme ► Metro caught up with the rising star at Comic-Con



Between last year's the *Losers*, this year's *Thor* and next year's *Ghost Rider: Spirit of Vengeance*, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: *Avengers* member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming *Alien* prequel, *Prometheus*, and Guillermo del Toro's *Pacific Rim*, which starts shooting in October, the former *Wire* star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con?
Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for *Ghost Rider*, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.
Well, two films, two characters, really. And the *Losers* as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well re-



► Actors Idris Elba and Nicolas Cage speak at a *Ghost Rider: Spirit of Vengeance* panel during Comic-Con 2011 in San Diego last week.

ceived. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.
I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audi-

ences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the *Thor* story, so we'll see.

What can you tell us about *Prometheus*?

I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it. I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?
The *Wire*, mainly. It was my first American calling card. But now *Luther* is starting to, and then *Heimdall* [in *Thor*], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

2

scene

New album



After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, *Metals*, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.

THE CANADIAN PRESS



Now out of *The Office*, Steve Carell cranks up movie career with type of film he loves.

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Cause of death unknown after Winehouse autopsy

► Singer's family visits memorial outside home, thanking mourners for their well-wishes ► Family spokesperson says funeral will be held today

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a forensic



► Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners outside Winehouse's home in Camden Square in London yesterday.

post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected to take two to four weeks.

An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's Court. During the two-minute hearing, an official read out

the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies violently or in unexplained circumstances. Assistant Deputy Coroner Suzanne



Android is a trademark of Google Inc.

Greenaway said Winehouse's inquest would resume on Oct. 26.

The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes.

"I can't tell you what this

mak-

ing this a lot easier for us," he said. **THE ASSOCIATED PRESS**

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► Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

► Children who take in high amounts of television are at heightened risk of chronic disease



CELIA MILNE
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched

less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson,

a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health

studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were

enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

3 life

Dimple free thighs

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Earache can be side-effect of summer splash season: preventing swimmer's ear



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FREE PARKING

A total brain, body collapse

► Ed and Deb Shapiro, authors of *Be the Change: How Meditation Can Transform You and the World*, talk to us about signs you're having a nervous breakdown ► The signs of stress can mean something's seriously wrong

The signs

Irrational fear
"Fear, not based on

anything sane, is a huge sign. Fear of losing control of the future, the inability to make simple decisions,

the loss of self-trust, not feeling comfortable in your own skin, all these things can amount to you

eventually losing the plot."

Behavioural shifts

"Acting irritable, irrational and experiencing sudden bursts of anger for no reason, are initial signs something is up, as is lack of confidence, a sense of low self-esteem, self-insecurity and a real shift in appetite, whether its over or under eating."

Losing touch with reality

"A general loss of flow, such as getting in a conversation and not remembering what you were talking about, can be worrying if consistent. The difference between someone who is on the way to breaking and someone who has already lost it is awareness. If you have really gone to a dark place, you will have lost that self-awareness. As long as you think, 'I'm going crazy' you are still present. The person that doesn't know is on to the next stage, the actual breakdown."

The solutions

Take yourself for a date

"The mind is a perfect servant, but a terrible master, so don't allow it to take control over you. Challenge yourself with a physical activity you really



enjoy to get the mind to do something other than think. Go for swim or a ride on your bike or even just clean your house and do some gardening, anything that allows you to switch off mentally."

Become a witness to yourself

"Observe what happens to if you were an outsider. If you have a burst of anger, analyze what triggered it and accept the consequences of your actions."

Become your own friend:

"Be good to yourself, as you always have to be with 'you'. Create your own affirmation, a sentence or phrase that has a real meaning for you, such as 'may I be happy, may I be well' and repeat it under your breath

when you need a boost."

Be the change

"Create your own mind with its own purpose. Don't get caught up with drama, have a sense of humour and learn to laugh things off. Try and see the bigger picture and don't take yourself too seriously."

Meditate

"The mind is like a drunken monkey that's been bitten by a scorpion, it jumps around and is chaotic. Tame your mind. Meditation helps you control the mind by getting you into your body."

Ask for help:

"...from people you love and who love you, not just a doctor with drugs."

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FIXING CROOKED TEETH IS NOT JUST A COSMETIC ISSUE

We all value a **beautiful smile**. You know the one! That wonderful look of a full set of straight, white teeth! A beautiful smile gives us **confidence** and allows us to display a more **dynamic personality**.

However, many people who do not have such straight teeth are reluctant to flash a big, confident smile. They become concerned about how their smile will be perceived and constantly strive to hide their teeth. Rightly or wrongly, they can be misjudged as not being friendly or being shy.

The improved confidence that comes with a more cosmetically appealing smile is one very good reason to correct crooked teeth. However, cosmetics are not the only concern. **Crooked teeth can also have profound oral health implications.**

For example, when teeth are not properly aligned, there is a tendency to develop an **improper bite**. When eating, the **normal chewing motion can cause the teeth to grind against each other** in an unnatural way. Over time, this can erode the enamel surface of the tooth, leaving that tooth more susceptible to decay.

Another factor to consider is that **crooked teeth can be more difficult to keep clean**. The bacteria that can lead to tooth decay or gum disease are microscopic



Dr. Bao Nguyen
Dental Surgeon

and can fit just about anywhere.

But your toothbrush and dental floss, the essential tools to keep your teeth clean, are much larger. Quite simply, **no amount of brushing or flossing can clean what cannot be reached**. If crowding is preventing you from properly cleaning your teeth, bacteria will accumulate and you can expect this to result in oral health problems.

Crooked or misaligned teeth can also lead to problems with the **temporomandibular joint**. This can result in muscle pain and tension that produces headaches.

The longer you allow this situation to continue, the more problematic it can become. So correcting it as early as possible can, quite literally, save you lots of headaches!

As you can see, it is not just for cosmetic reasons that we recommend you address crooked teeth. The exact nature of the required intervention can depend upon the cause and severity of the problem as well as the age of the patient. Your dentist may be able to correct the situation with relatively minor intervention. On the other hand, more serious cases may have to be referred to an orthodontist.

And while it is preferable to address these situations when a patient is young, **do not assume that you have to accept your crooked teeth just because you are an adult!** You might be pleasantly surprised at how your dentist can help no matter what your age!

The key is to fix the problem...not just for the cosmetic improvement that will result. Crooked teeth can create serious oral health concerns and correcting them is a healthy habit...and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

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Conventional take on Boho

Bohemian Kitchen, a great coffee house alternative, lacks the atmosphere

LUNCH RUSH

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At Bohemian Kitchen, you'll find simple lunches and gourmet coffees. With a couple of tables outside, a few in the hall of the office building and several in the café itself, this is an inviting spot to grab a lunch.

And the service is ex-



► Tuna Panini with melted cheese and rhubarb bar.

Bohemian Kitchen
39 Robertson Rd.
613-715-2627
Reservations: No
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: \$
Rating: 3 out of 5

tremely friendly. There's a lot of banter between the staff and both newcomers and regulars.

Though I was hoping for a more eclectic, artsy and avant-garde kitchen, I found my nibbles pleasing. The kitchen grills Paninis

with different standard fillings (ham and cheese, tuna or mushrooms with cheese). I ordered the Tuna Panini, and it was tasty, not fancy: tuna with a bit of cheese melted and grilled.

The kitchen makes nut-

free, gluten-free and even vegan treats. The rhubarb bar, though simple, was tasty and I couldn't help but finish every forkful.

Though it's a great alternative to standard coffee houses, it lacks a desired bohemian atmosphere.

Quinoa Thai Tuna



Preparation:

1 Rinse quinoa. In large saucepan, bring water to boil; add quinoa. Reduce to simmer and cover. Cook for 2 minutes. Drain if necessary.

2 In a sauté pan, heat tuna. Add juice of a lime to quinoa. Stir in tuna, mango and green onion. Serve immediately. **THE CANADIAN PRESS/CLOVER LEAF**

Ingredients:

- 175 ml (2/3 cup) red quinoa
- 375 ml (1 1/2 cups) water
- 2 cans flaked light tuna (Spicy Thai Chili flavour)
- 1 lime
- 1 sweet mango, ripe, small to medium size, chopped
- 1 green onion, sliced

BE A GOOD SPORT AND CONSIDER YOUR FAMILY'S FEELINGS

Hi Charles:
I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband? Patsyb

Dear Patsyb:

I fully understand your feelings. We've all been in your shoes! I think this is the real problem... if you don't invite your cousin's

CHARLES THE BUTLER



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husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending



► Don't like somebody, but have to invite them anyways? Just invite a second person who you know will tie them up in conversation. Problem solved!

your cousin and you will put her in a very awkward

position. Ask yourself: what is she supposed to tell her

husband about why he can't come to your party?

It's not fair that your cousin be placed in that position. You have two choices: invite the cousin with her husband or don't invite either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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For new parents, here's the bottom line. If you don't get serious about saving for post-secondary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost \$80,000 for live-at-home students by 2025 and \$125,000 for those away from home.

The good news is that new parents are putting aside those education pennies.

Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

The goal for those with younger children should be to get the maximum Canada Education Savings Grant

Thinking ahead

Do you have an RESP for your child?

- ▶ 89% of parents under 35
- ▶ 60% of parents age 45-54

of 20 per cent on the first \$2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over \$200 monthly.

Even if you just invest the money in GICs and bonds you'll have about \$40,000 after 10 years and nearly \$90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for their children's education.

Interestingly, fewer of those parents expect their children to help pay for



▶ Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing education.

A couple of years of living at home and working,

even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about \$20,000 annually. Saving 75 per cent of that over two years is \$30,000.

For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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- The desire to earn the income you want based on sales results
- Excellent communication skills
- Media experience is an asset, but not required.

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We thank all applicants, however, only those selected for an interview will be contacted.

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Gridiron reconciliation

► NFLPA's team reps unanimously vote to end lockout ► Puts longest work stoppage in NFL history to rest

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the four-and-a-half-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners decided in 2008 to opt out of the league's old labour contract, which expired March 11 and led to the lockout.

Back in business

A tentative timeline allows NFL clubs to start signing 2011 draft picks and rookie free-agents today.

► Conversations with veteran free agents could also start today with signings possibly beginning Friday.

► Under the proposed schedule, training camps open for 10 of 32 teams tomorrow, 10 more on Thursday, another 10 on Friday and the last two teams on Sunday.

"I know it has been a very long process since the day we stood here that night in March," Smith said. "But our guys stood together when nobody thought we would. And football is back because of it."

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. There's also a system that will rein in spending on first-round draft picks.

Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

The owners also didn't get their wish of expanding the regular season from 16 to 18 games. That can be revisited for the 2013 season, but players must approve any changes.

THE ASSOCIATED PRESS



► New England Patriots owner Robert Kraft, left, and Indianapolis Colts centre Jeff Saturday share an embrace in Washington yesterday.

Ames trails Vegas after first day of skins action

Venezuelan golfer Jhonatan (Johnathan) Vegas was the top money earner on the first day of the Telus Skins Game in Banff, Alta., yesterday while Canadian Stephen Ames was a close runner-up.

Vegas, the first Venezue-

lan to win a PGA event, is making his first appearance at a skins game.

He won two skins on the 6th and 8th holes for a total of \$55,000. Ames had a good start, winning the first three skins for \$45,000.

THE CANADIAN PRESS



► Jhonattan Vegas

RED WINGS

Draper set to retire today?

The Detroit Red Wings have called a news conference with Kris Draper amid reports that the veteran forward will retire.

The 40-year-old

helped the Red Wings win four Stanley Cups and was named the NHL's best defensive forward in 2004. But injuries limited him to 47 games and 11 points last season.

Detroit may have run out of room at forward. Patrick Eaves and Drew Miller were re-signed and prospects are expected to also get a chance to play next season. THE ASSOCIATED PRESS

4
sports

Quoted



"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."

BUFFALO BILLS SAFETY
GEORGE WILSON AFTER
YESTERDAY'S
ANNOUNCEMENT THAT THE
NFL AND ITS PLAYERS HAD
COME TO AN AGREEMENT TO
END THE LOCKOUT.



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EAST DIVISION				
	W	L	Pct	GB
Boston	62	37	.626	—
New York	59	40	.596	3
Tampa Bay	53	47	.530	9½
Toronto	51	51	.500	12½
Baltimore	40	58	.408	21½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	54	47	.535	—
Cleveland	51	48	.515	2
Chicago	49	51	.490	4½
Minnesota	47	54	.465	7
Kansas City	42	59	.416	12
WEST DIVISION				
	W	L	Pct	GB
Texas	58	44	.569	—
Los Angeles	55	47	.539	3
Oakland	47	57	.436	13½
Seattle	43	58	.426	14½

Last night's results
L.A. Angels at Cleveland
Seattle at N.Y. Yankees
Kansas City at Boston
Minnesota at Texas
Detroit at Chicago White Sox
Tampa Bay at Oakland
Sunday's results
Toronto 3 Texas 0
Chicago White Sox 4 Cleveland 2
Tampa Bay 5 Kansas City 0
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Boston 12 Seattle 8
Detroit 5 Minnesota 2
Tonight's games
All times Eastern
L.A. Angels (Weaver 13-4) at Cleveland (Tomlin 11-4), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at **Toronto** (Morrow 7-4), 7:07 p.m.
Tampa Bay (Duffy 2-4) at Boston (A.Miller 4-1), 7:10 p.m.
Minnesota (Pavano 6-7) at Texas (C.Wilson 10-4), 8:05 p.m.
Detroit (Verlander 13-5) at Chicago White Sox (Peavy 4-4), 8:10 p.m.
Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 10:05 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	108	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	159	18	37	3	30	.223
Hill	323	31	73	4	37	.226
McDonald	139	16	31	2	16	.223
Arendibia	277	32	59	15	42	.213
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Fraser	2	1	0	42.1	37	2.98
Janssen	3	0	1	28.2	27	3.14
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	4	12.9	29	3.89
Morrow	7	4	0	101.2	117	4.34
Cecil	3	4	0	57.1	42	4.71
Camp	1	1	1	43.1	19	4.78
Francisco	1	4	10	28.2	35	5.34

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	64	37	.634	—
Atlanta	59	43	.578	5½
New York	50	51	.495	14
Washington	49	52	.485	15
Florida	49	53	.480	15½
CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	52	47	.525	—
St. Louis	53	48	.525	—
Milwaukee	54	49	.524	—
Cincinnati	50	51	.495	3
Chicago	42	60	.412	11½
Houston	33	68	.327	20
WEST DIVISION				
	W	L	Pct	GB
San Francisco	59	43	.578	—
Arizona	55	47	.539	4
Colorado	48	54	.471	11
Los Angeles	45	56	.446	13½
San Diego	45	58	.437	14½

Yesterday's results
San Diego 5 Philadelphia 4
N.Y. Mets at Cincinnati
Pittsburgh at Atlanta
Houston at St. Louis
Colorado at L.A. Dodgers
Sunday's results
San Francisco 2 Milwaukee 1
Florida 5 N.Y. Mets 4
Cincinnati 4 Atlanta 3
Arizona 7 Colorado 0
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 inn.)
Chicago Cubs 5 Houston 4 (10 inn.)
L.A. Dodgers 3 Washington 1
Tonight's games
All times Eastern
Florida (Nolasco 6-7) at Washington (Zimmerman 6-8), 7:05 p.m.
San Francisco (Linicum 8-8) at Philadelphia (Vorley 6-1), 7:05 p.m.
N.Y. Mets (Niese 9-8) at Cincinnati (Cueto 6-3), 7:10 p.m.
Pittsburgh (Karstens 8-5) at Atlanta (Hansen 11-5), 7:10 p.m.
Chicago Cubs (Dempster 7-7) at Milwaukee (Narveson 6-6), 8:10 p.m.
Houston (Myers 3-10) at St. Louis (Westbrook 8-4), 8:15 p.m.
Arizona (J.Saunders 6-8) at San Diego (Moseley 3-9), 10:05 p.m.
Colorado (Chacin 8-8) at L.A. Dodgers (Kershaw 11-4), 10:10 p.m.

NL LEADERS

	G	AB	R	H	AVG.
JosReyes NYM	86	380	73	134	.353
Braun Mil	92	336	62	108	.321
Helton Col	90	301	44	96	.319
Votto Cin	100	372	61	117	.315
Morse Wash	90	307	44	96	.313
Kemp LAD	101	364	61	113	.310
Holliday STL	76	271	49	84	.310
Pence Hou	95	386	47	119	.308
DanMurphy NYM	97	346	40	106	.306
McCann Atl	89	327	42	100	.306
Runs — JosReyes, NY, 73; RWWeeks, Mil, 71; Stubbs, Cin, 65; Gonzalez, Col, 63; CYoung, Arz, 63.					
RBI — Howard, Phil, 75; Fielder, Mil., 73; Kemp, LA, 73; Berkman, STL, 69; Braun, Mil., 68.					
Hits — JosReyes, NY, 134; Scastro, Chi., 127; Bourm, Hou, 122; Pence, Hou, 119; Votto, Cin., 117.					
Doubles — Beltran, NY, 30; J.Upton, Arz., 28; CalLee, Hou, 27; CYoung, Arz., 27.					
Triples — JosReyes, NY, 16; Victorino, Phil., 9; Scastro, Chi., 8; Fowler, Col., 8; Bourm, Hou., 7.					
Yesterday's games not included					

SUNDAY

BLUE JAYS 3, RANGERS 0

Toronto	a	b	r	h	bi		a	b	r	h	bi
YEscor ss	3	1	3	0	0	Texas	Kinsler 2b	4	0	0	0
ETHms rf	4	0	2	0	0		Andrus ss	3	0	0	0
Bautist 3b	3	1	1	1	1		JHmltn lf	4	0	0	0
Lind 1b	4	0	0	0	0		MIYoung 3b	4	0	1	0
Encnc dh	4	1	1	1	1		N.Cruz rf	4	0	1	0
Snider lf	4	0	1	1	1		Napoli c	3	0	0	0
A.Hill 2b	4	0	0	0	0		C.Davis dh	3	0	0	0
RDavis cf	4	0	0	0	0		Gentry cf	3	0	2	0
Arenci c	4	0	0	0	0		Morind 1b	3	0	0	0
Totals	34	3	8	3		Totals	31	0	4	0	
Toronto			000	003	000	3					
Texas			000	000	000	0					
DP—Texas 1. LOB—Toronto 6, Texas 6. 2B—Bautista (18), Encarnacion (23), Snider (14).											
IP H R ER BB SO											
Toronto						Texas					
Cecil W,3-4		9	4	0	0	2	7				
Ogando L,10-4		6	2	3	7	3	2	6			
Tom.Hunter		2	1	3	1	0	0	2			
T—21.8. A—43,117 (49,170) at Arlington, Texas.											

AL LEADERS

	G	AB	R	H	AVG.
AdGonzalez Bos	98	402	70	139	.346
Bautista Tor	91	321	76	106	.330
MIYoung Tex	100	398	48	131	.329
Kotchman TB	85	285	25	93	.326
JhPeralta Det	91	329	45	106	.322
Ellsbury Bos	98	403	74	129	.320
VMartinez Det	86	318	44	101	.318
MCabrera Det	101	349	67	109	.312
Konerko ChiW	97	355	45	109	.307
YEscobar Tor	93	357	55	109	.305
Runs — Granderson, New York, 88; Bautista, Toronto, 76 ; Ellsbury, Boston, 74; AdGonzalez, Boston, 70; Kinsler, Texas, 70; McCabrera, Detroit, 67; Pedroia, Boston, 66.					
RBI — AdGonzalez, Boston, 82; Beltre, Texas, 76; Granderson, New York, 74; Teixeira, New York, 72; Youkilis, Boston, 72; Bautista, Toronto, 70 ; Konerko, Chicago, 70.					
Hits — AdGonzalez, Boston, 139; MIYoung, Texas, 131; Ellsbury, Boston, 129; McCabrera, Kansas City, 124; Markakis, Baltimore, 118; AGordon, Kansas City, 117; ACabrera, Cleveland, 115; Pedroia, Boston, 115.					
Doubles — Zobrist, Tampa Bay, 31; AdGonzalez, Boston, 30; MIYoung, Texas, 30; Beltre, Texas, 29; Youkilis, Boston, 28; Ellsbury, Boston, 27; AGordon, Kansas City, 26.					
Triples — Granderson, New York, 8; AJackson, Detroit, 7; RDavis, Toronto, 6 ; Bourjos, Los Angeles, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; Gardner, New York, 5; Zobrist, Tampa Bay, 5.					
Home Runs — Bautista, Toronto, 31 ; Granderson, New York, 27; Teixeira, New York, 26; NCruz, Texas, 22; Konerko, Chicago, 22; MarReynolds, Baltimore, 21; Beltre, Texas, 20; McCabrera, Detroit, 20; Quentin, Chicago, 20.					
Stolen Bases — Gardner, New York, 31; RDavis, Toronto, 29 ; Andrus, Texas, 29; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 26; BUpton, Tampa Bay, 23.					
Pitching — Sabathia, NY, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5.					
Strikeouts — Verlander, Det., 162; Shields, Tampa Bay, 151; Hernandez, Seattle, 148; Sabathia, NY, 142; Price, Tampa Bay, 137; CWilson, Texas, 132; Weaver, LA, 129.					
Saves — Valverde, Det., 26; MaRivera, NY, 25; Papelbon, Boston, 23; Walden, Los Angeles, 23; League, Seattle, 23; Perez, Cleveland, 22; SSantos, Chicago, 20; Feliz, Texas, 20.					
Last night's games not included					

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	4	3	1	0	133	95	6		
Winnipeg	4	3	1	0	99	77	6		
Hamilton	4	2	2	0	98	86	4		
Toronto	4	1	3	0	80	116	2		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	4	4	0	0	127	74	8		
Calgary	4	2	2	0	95	99	4		
Saskatchewan	4	1	3	0	83	138	2		
B.C.	4	0	4	0	106	136	0		
WEEK FOUR									
Sunday's result									
Saskatchewan 27 Montreal 24									
WEEK FIVE									
Thursday's game									
All times Eastern									
B.C. at Winnipeg, 8 p.m.									
Friday's games									
Montreal at Hamilton, 6:30 p.m.									
Toronto at Edmonton, 9:30 p.m.									
Saturday's game									
Calgary at Saskatchewan, 9:30 p.m.									
WEEK SIX									
Thursday, Aug. 4									
Montreal at Toronto, 7:30 p.m.									
Friday, Aug. 5									
Edmonton at Winnipeg, 7:30 p.m.									
Saskatchewan at B.C., 10:30 p.m.									
Saturday, Aug. 6									
Hamilton at Calgary, 9:30 p.m.									

SOCCER

MLS

EASTERN CONFERENCE							
	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
Columbus	21	8	6	7	22	20	31
New York	23	6	5	12	37	30	30
Kansas City	20	6	6	8	28	27	26
Houston	21	5	7	9	24	26	24
D.C. United	19	5	6	8	24	30	23
Chicago England	21	4	9	8	19	29	20
Chicago	20	2	6	12	20	25	18
Toronto	23	3	11	9	19	41	18
WESTERN CONFERENCE							
	GP	W	L	T	GF	GA	Pt
Los Angeles	22	11	2	9	28	16	42
Dallas	22	11	5	6	26	21	39
Seattle	22	10	4	8	32	23	38
Real Salt Lake	18	9	3	6	27	12	33
Colorado	23	7	6	10	31	30	31
Chivas USA	21	6	7	8	27	23	26
San Jose	21	5	7	9	24	27	24
Portland	19	6	10	3	22	32	21
Vancouver	21	2	10	9	21	30	15
Note: Three points for a win, one for a tie.							
Tomorrow's game							
All times Eastern							
ALL-STAR GAME							
at Harrison, N.J.							
Manchester U. (Eng.) at MLS All-stars, 8:30 p.m.							
Friday's game							
Colorado at Philadelphia, 7:30 p.m.							
Saturday's games							
Los Angeles at Vancouver, 7:30 p.m.							
Seattle at Houston, 8:30 p.m.							
New England at Kansas City, 8:30 p.m.							
Columbus at Real Salt Lake, 9 p.m.							
D.C. United at San Jose, 10:30 p.m.							
Toronto at Portland, 11 p.m.							
Sunday, July 31							
Chivas USA at Dallas, 7 p.m.							

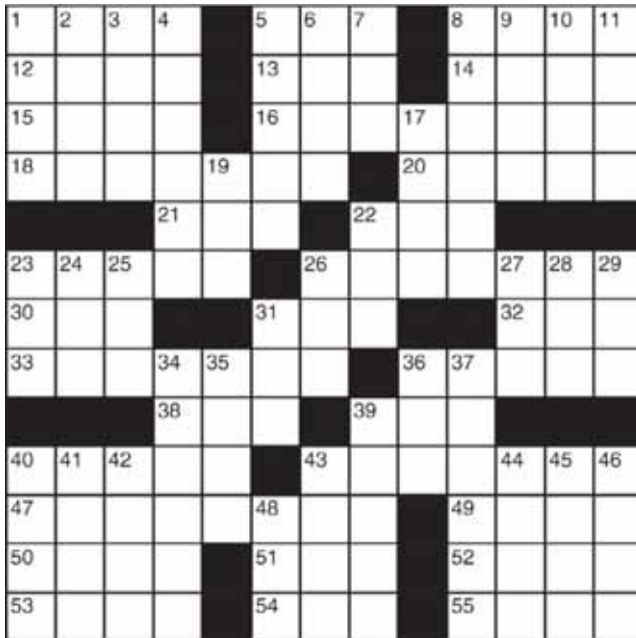
Crossword

Across

- 1 Take to the pool
- 5 Bookkeeper (Abbr.)
- 8 Harvest
- 12 Houston acronym
- 13 Talk on and on
- 14 Being (Lat.)
- 15 Without doing anything
- 16 Slapstick missile
- 18 Mouth, slangily
- 20 Queenly
- 21 First lady?
- 22 Overweight
- 23 Andean pack animal
- 26 Sink a putt
- 30 A billion years
- 31 Peace, to Caesar
- 32 Lingerie item
- 33 Where oaters take place
- 36 Make like Manet
- 38 Wall climber
- 39 — Solo
- 40 Sierra —
- 43 "The Great Gatsby" locale
- 47 Chocolate syrup + milk + seltzer
- 49 Perjurer
- 50 Strong wind
- 51 Khan title
- 52 Therefore
- 53 Praiseful words
- 54 Sawbuck
- 55 Stench

Down

- 1 Quick cut
- 2 Dry streambed
- 3 Capri or Wight
- 4 Needless violence
- 5 Recurring sequence



- 6 of events
- 6 Remove rind
- 7 Gorilla
- 8 Couch potato's device
- 9 Catch sight of
- 10 Largest continent
- 11 See 6-Down
- 17 Sea that's really a lake
- 19 Eggs
- 22 "The Simpsons" network
- 23 Zodiac cat
- 24 Brock of baseball lore

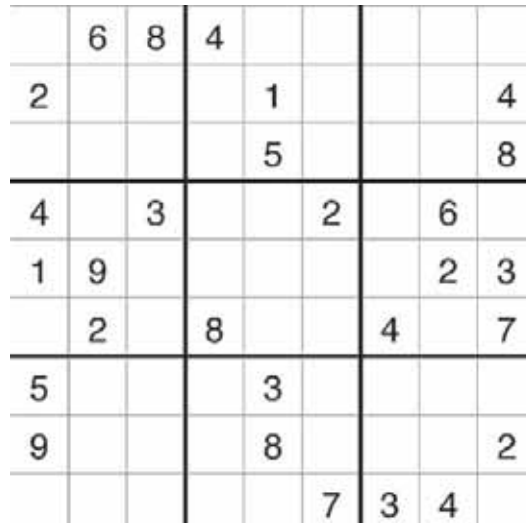
- 25 Pismire
- 26 Chapeau
- 27 Sapporo sash
- 28 Coffee vessel
- 29 Make lace
- 31 Freudian subj.
- 34 Recoils
- 35 Always
- 36 — de deux
- 37 Rack component
- 39 Macho type
- 40 Building block name
- 41 "Zounds!"
- 42 Look at lustfully
- 43 Carry on

- 44 Ireland
- 45 Token of defiance
- 46 Understand, in sci-fi lingo
- 48 Dine

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

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My Genius FEP

Every day is a new day - what color to wear - each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkle sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!

FROM PINK PETAL

You have been my best friend

No matter what!!!! You taught me how to live...i was simply breathing in a dark hole before u came.

FROM BUNNY

Today's horoscope

♈ Aries March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

♉ Taurus April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

♊ Gemini May 22-June 21 There is no need to change your life in any radical way.

♋ Cancer June 22-July 22 Never forget that the best way to change the world is to change yourself first.

♌ Leo July 23-Aug. 23 Don't worry if you are not in the most-sofiable of moods today because you have important things to think about.

♍ Virgo Aug. 24- Sept. 22 Look out for your own interests today.

♎ Libra Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

♏ Scorpio Oct. 24-Nov. 22 It's time for a reality check.

♐ Sagittarius Nov. 23-Dec. 21 Why are you clinging on to some-

thing that is past its sell by date?

♑ Capricorn Dec. 22-Jan. 20 Do everything in your power to make sure that employers and people in positions of authority know who you are and what you can do.

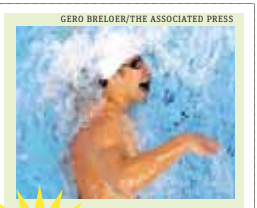
♒ Aquarius Jan. 21-Feb. 18 Life will be a breeze today.

♓ Pisces Feb. 19-March 20 Generally you steer clear of events over which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right. **• SALLY BROMPTON**

Caption contest



"Hey! Who put a Riccola lozenge in my horn??"
MARJ



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Clubs Garçons et Filles du Canada

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